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| **ALDI Meal Plan week of 9/19/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Slow cooker honey BBQ chicken sandwiches, sauteed spinach |
| **Monday** | Easy vegetarian black bean chili, blue corn tortilla chips |
| **Tuesday** | Shrimp taco salad with homemade dressing, honeycrisp apples |
| **Wednesday** | Broiled Parmesan pork chops & broccoli, simple sheet pan green beans |
| **Thursday** | Pork & pepper fajitas, simple tomato cucumber salad |
| **Friday** | Chipotle taco soup with ground beef, honeycrisp apples |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 9/18):**

*Dairy & refrigerated*

8 oz Happy Farms sliced mozzarella, $1.99 (Sun)  
12 oz Happy Farms shredded cheddar, $3.49 (Tues, Thurs, Fri)  
Priano shredded Parmesan, $1.99 (Weds)

*Grocery*

L’Oven Fresh hamburger buns, $.85 (Sun)  
Simply Nature organic blue corn tortilla chips, $1.99 (Mon)  
Burman’s BBQ sauce, $.95 (Sun)  
32 oz box Simply Nature organic vegetable broth, $1.89 (Mon)  
32 oz Chef’s Cupboard beef broth, $1.19 (Fri)  
Pueblo Lindo chipotles in adobo, $1.19 (Sun, Fri)  
El Milagro flour tortillas, $.98 (Thurs)  
4 cans Dakota’s Pride black beans, $2.36 (Mon, Tues, Fri)  
8 oz can Happy Harvest tomato sauce, $.29 (Fri)  
2 cans Casa Mamita diced tomatoes with green chilies, $1.38 (Mon, Fri)   
Can of Happy Harvest kernel corn, $.49 (Fri)  
Tuscan Garden tri-colored tortilla strips, $1.29 (Tues, Fri)

*Meat*

2 lbs boneless skinless chicken thighs, $5.38 (Sun)  
2.5 lbs thin sliced boneless pork chops, $7.48 (Weds, Thurs)  
12 oz Fremont Fish Market EZ Peel raw shrimp (frozen), $4.99 (Tues)  
85% lean ground beef chub (frozen), $3.29 (Fri)

*Produce*

1 lb limes, $1.99 (Sun, Mon, Tues, Thurs)  
2 lbs honeycrisp apples, $2.49 (Tues, Fri)  
Bunch green onions, $.79 (Mon, Tues, Fri)  
1 cucumber, $.59 (Thurs)  
8 oz bag spinach, $1.49 (Sun)  
Bag of garden salad, $1.69 (Tues)  
1 lb broccoli crowns, $1.49 (Weds)  
1 lb green beans, $1.69 (Weds)  
3 heads garlic, $1.19 (Sun, Mon, Tues, Thurs, Fri)  
3 lbs yellow onions, $2.19 (Mon, Tues, Thurs, Fri)  
3 pack multi-colored bell peppers, $2.99 (Thurs, Fri)  
4 Roma tomatoes, $.75 (Thurs)  
Pint grape tomatoes, $1.69 (Tues)  
1 avocado, $.79 (Tues)

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**Total: $65.28**

***Staple items you’ll need – AKA: Pantry seasonings & condiments used in this week’s recipes, but not in the shopping list:***

*Olive oil, cumin, smoked paprika, honey, crushed red pepper, sea salt, black pepper, cayenne, hot sauce, red wine vinegar, chili powder, garlic powder, Italian seasoning, seasoned salt, thyme, oregano*

*\*\* Note: In many cases you can substitute for and/or omit some of these, depending on the recipe. Read through the recipes to see where you may need to re-stock your pantry staples.*